

The KS3 activities are prescribed and groups are divided by gender. The major aims of the programme of study are to build competence in different physical activities, engage pupils in different competitive sports and activities while giving pupils sustained periods of physical activity. The programme develops understanding and encourages pupil to lead a healthy active lifestyle throughout.

Autumn 1		Autumn 2		Spring 1	
<b>HRE and Physical Assessment</b>	<b>Rugby</b>	<b>Badminton</b>	<b>Rugby</b>	<b>OAA</b>	<b>Football</b>
Developing knowledge of leading a healthy active lifestyle Being physically active for sustained period of time	Developing competence to excel in different physical activities	Developing competence to excel in different physical activities	Engaging in different competitive sports and activities	Engaging in different competitive sports and activities	Developing competence to excel in different physical activities
Analyse performances compared to previous ones and demonstrate improvement to achieve their personal best	Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games	Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games	Develop technique and improve performance in competitive sports.	Participate in challenging outdoor adventurous activities. Develop team work skills, trust and problem solving skills.	Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games
<b>HRE and Physical Assessment</b>	<b>Netball</b>	<b>Dance</b>	<b>Netball</b>	<b>Badminton</b>	<b>Hockey</b>
Developing knowledge of leading a healthy active lifestyle Being physically active for sustained period of time	Developing competence to excel in different physical activities	Developing competence to excel in different physical activities	Engaging in different competitive sports and activities	Developing competence to excel in different physical activities	Engaging in different competitive sports and activities
Analyse performances compared to previous ones and demonstrate improvement to achieve their personal best	Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games	Perform dances using advanced dance techniques within a range of dance styles	Develop technique and improve performance in competitive sports.	Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games	Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games

Spring 2		Summer 1		Summer 2	
Gymnastics	Football	Cricket	Athletics	Rounders	Athletics
Developing competence to excel in different physical activities	Engaging in different competitive sports and activities	Developing competence to excel in different physical activities	Developing competence to excel in different physical activities	Developing competence to excel in different physical activities	Engaging in different competitive sports and activities
Analyse performances compared to previous ones and demonstrate improvement to achieve their personal best	Develop technique and improve performance in competitive sports.	Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games	Being physically active for sustained period of time Analyse performances compared to previous ones and demonstrate improvement to achieve their personal best	Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games	Being physically active for sustained period of time Analyse performances compared to previous ones and demonstrate improvement to achieve their personal best
OAA	Gymnastics	Rounders	Athletics	Cricket/Tennis	Athletics
Engaging in different competitive sports and activities	Developing competence to excel in different physical activities	Developing competence to excel in different physical activities	Developing competence to excel in different physical activities Being physically active for sustained period of time	Developing competence to excel in different physical activities	Engaging in different competitive sports and activities Being physically active for sustained period of time
Participate in challenging outdoor adventurous activities. Develop team work skills, trust and problem solving skills.	Analyse performances compared to previous ones and demonstrate improvement to achieve their personal best	Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games	Analyse performances compared to previous ones and demonstrate improvement to achieve their personal best	Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games	Analyse performances compared to previous ones and demonstrate improvement to achieve their personal best